

lated to help housewives put their kitchens on a wartime basis, made

necessary by the menacing food shortage.—Editor.

## UNCLE SAM GIVES WAR-TIME LESSONS IN FOOD THRIFT TO HOUSEWIVES

BY THE U. S. DEPARTMENT OF AGRICULTURE.

Washington, April 23.—Good food heedlessly thrown into garbage pails, food allowed to spoil in the household, food spoiled by improper cooking, and food destroyed by rats, mice and insects constitute the heavy items in the \$700,000,000 annual waste of food in homes in this country. Seven hundred million dollars is conservative. In household waste, of course, are not included the vast losses of food allowed under improper handling or inefficient marketing methods to spoil in transit or in the hands of producers or dealers.

Much of this \$700,000,000 household waste of food, the dietary specialists of the U. S. dept. of agriculture declare, is easily preventable. This preventable waste consists in large part of the following items:

(1) Edible food thrown into the garbage pail or into the kitchen sink.

That vast amounts of nourishing material are thrown out from American kitchens and so made useless for human consumption is well established by the returns from garbage and fertilizer plants showing the amount of fats and nitrogenous material recovered from city garbage.

Much of the food is thrown out, the specialists say, because so many people do not know how to utilize leftovers, or will not take the trouble to keep and prepare them. The specialists point out that left-over cereals can be reheated or combined with fruits, meats or vegetables into appetizing side dishes; that even a spoonful of cereal is worth saving as a thickener of soups, gravies and sauces.

Stale bread can be utilized in a variety of ways in combination with

vegetables and meats and in preparing hot breads and puddings.

Every scrap of meat or fish can be combined with cereals or other foods lacking in pronounced flavor, both to give flavor and to add nourishment to made-over dishes.

Every bit of fat or suet trimmed from meat before cooking or tried out in boiling, roasting or broiling can be made useful in cooking. Many butchers, after they have weighed meat and named the price for the cut, trim off valuable suet and fat. This fat, which the housewife pays for, if taken home and used, would reduce expenditures for prepared cooking fats. Water used in cooking rice and many of the vegetables contains nutrients and desirable flavoring materials valuable in soups or sauces. Too often fats and such water are poured into the sink.

(2) Spoilage of food due to careless handling and storing in the home.

Important amounts of perishable foods are made dangerous or inedible in households because they are exposed unnecessarily to heat, germs, dust, dirt or to flies and other insects.

Much milk spoils quickly because it is kept uncovered in warm kitchens. Close observance of the doctrine, "Keep perishable food, especially milk, cool, clean and covered continuously," will make a striking difference in the food bills of many families.

(3) Food spoiled by careless cooking.

Many housewives who complain that children and adults will not eat breakfast cereals fail to realize the cereals they serve are undercooked, scorched or improperly seasoned and thus made unpalatable. Most of the